

BUILD UP YOUR SICK STOMACH

Mi-o-na Soothes the Irritated Membranes, Stimulates and Strengthens the Stomach.

Mi-o-na is one of the most effective and safe remedies for out of order stomachs. It increases the flow of the gastric juices, soothes the irritated membrane, and quickly and safely benefits the digestive system so that your food is promptly converted into nutrition and the entire system properly nourished. Then you are well and strong.

If you lack an appetite, your tongue is coated, nerves on edge, have risings of sour and undigested food and experience after eating distress you are suffering with indigestion or sick stomach.

Get a fifty cent box of Mi-o-na from F. D. Pierce and begin now to build up your sick and worn-out stomach. Do not delay, many serious diseases start from what was thought to be only an upset stomach. Money refunded if not benefited.

Sold and guaranteed in Orleans by F. J. Kinney.

Help Wanted in Barton.


And Furnished By the Help of Barton People.

Those who suffer with kidney backache, urinary ills or any little kidney or bladder disorder, want kidney help. Who can better advise than some Barton resident, who has also suffered, but has had relief. Barton people recommend Doan's Kidney Pills. Here's one case and there are many others.

W. R. Goodrow, High St., Barton, Vt. says: "Last winter I suffered from lameness in my back that made it hard for me to stoop or lift. My kidneys did not do their work regularly and the kidney secretions looked unnatural. I used a box of Doan's Kidney Pills, procured at Pierce's Drug Store, and they quickly relieved me, in fact, helped me in every way. I can endorse this remedy highly and say that I have no cause for complaint since using it."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other.



Best Bread— and More of It

—the lightest, finest, whitest bread and more loaves to every sack—
—the tenderest, flakiest and most digestible pastry—
—cake and biscuits and everything else you bake—
—years by specifying William Tell, the flour that is milled only from the best Ohio Red Winter Wheat by a special patented process that makes it richest in nutritive value.

Tell your grocer that nothing will suit you but

William Tell Flour

J. G. TURNBULL CO.
ORLEANS, VERMONT
Distributors

NOTICE

The annual meeting of the Stockholders of the Barton Savings Bank and Trust Company will be held at the office of said Bank Saturday, January 2, 1914, at 10 o'clock a. m. for the purpose of electing Directors and the transaction of any other business that may properly come before said meeting.

C. S. WEBSTER, Clerk.

W COTTAGES

newly furnished containing all the modern improvements with the best of water, located on a 1/2 acre and dry elevation of 60 feet above sea level. Elegant climate. Nest Clay Roads in the south, located on the Seaboard R. R. 9 miles from Raleigh, 3 miles from Southern Pines, 5 and 6 room cottages, all up-to-date for sale or to rent. All furnished. Terms very reasonable. Correspondence solicited. Address

JASPER S. YOUNG,
Niagara, Moor, C.,
North Carolina.



HUXHAM'S Absorbent PADS
stop pain and cure
Rumatism,
lumbago, sciatica, rheumatism, without dosing or liniments.
50c. a pair by mail prepaid.
A book telling about them, FREE.
Huxham Pad Co., Park Sq., Boston



C. J. Oben & Co., Newport, Vt.
VERMONT FARMS
Real Estate of all Descriptions For Sale or Exchange
SEND FOR BIG CATALOGUE

For Women and Children

This Department Will Run Every Other Week

THE KITCHEN CABINET

BETTER by one sweet soul constant and true
To be beloved,
Than all the kingdoms of delight to tram-
ple thro'
Unloved.
—John Oxenham.

SOMETHING ABOUT TEAS.

The making of tea seems a very simple thing; but how few really good cups of tea do we have served us. The first requisite is a shiningly clean tea pot, preferably a crockery one. Have it scalded with boiling water and add a half teaspoonful of tea for every cup of boiling water; set back and steep or draw for three minutes, then serve. A cup of tea made in this way is a refreshing beverage. Cream and sugar are usually served with tea, or slices of lemon with whole cloves are liked by many. The kind of tea (black or green), which is served depends upon the individual taste. Black tea is a milder beverage, and contains less tannin than the green. The distinction between black and green tea is due to different methods of preparation, as they both come from the same plant.

The peculiar stimulating properties which tea possesses as well as its flavor depend upon the season of the year when the leaves are picked, the age of the leaf, the variety of the plant and the care in preparation. The aroma of tea is often artificially increased by the addition of orange flowers, jasmine or roses. Tea of young leaves, packed closely, are smaller leaves, and a spoonful makes a stronger beverage than that of coarser leaf.

The water used to make tea is another important feature. It is said the water makes all the difference between the delightful cup of English tea and the kind we have served on this side of the water. We must not give the water too much of the credit, for care in making is another important factor to be considered. Tea is mildly stimulating to the nervous system, and helps to increase the vital functions of some of the organs. It has been called a food saver, as less food seems to be needed when tea is taken.

Thompson in his Dietetics says in a recent report tea is mentioned as a contributing factor to insanity in Ireland. "Undoubtedly the method of preparation and the excessive use of this article of diet, now so general among our poorer population, tends to the production of dyspepsia, which in turn leads to states of mental depression favorable to the production of various forms of neurotic disturbance."

Nellie Maxwell.

FOR SCHOOL OR DRESS FROCK

Nothing Better Than Plaid Trimming Has Been Devised—Ornamentation for the Throat.

Plaid trimming, either in silk or in wool, is about the most stylish touch that a mother can add to her little girl's school dress or frock just now, so the wide oriental sash on this plum colored serge is ultra stylish for the little miss. To add to the effectiveness of the button trimming are collar and cuffs of a bit of machine embroidered linen, with a plaid bow at the throat.

Sweaters Gay.

"Lend a hand" is a request never disregarded by the sash of this season. Latest cry for succor seems to have come from the sweater coat, and the very smartest and niftiest of these sport-garments are set off by a knotted sash of the same material. Sometimes, too, the sash is a different color or from the sweater itself, and we see a green sash combined with a wood-colored sweater. Indeed, sweaters this year for both men and women are all spiced up with these contrasts of color, and there are thrown out against the browns and greys and blues of the coats, cuffs and fronts of a livelier hue.

Ornament for Slippers.

The very newest style in ornament for evening slippers is a single strap made of a fold of satin across the instep and fastened on the outer side upon a diamond crescent. This looks especially well worn with black satin slippers.

Made of Wallpaper.

An enterprising wallpaper dealer of Ohio attracted the eyes of all citizens by having in his window a pipe organ of paper. Every detail of the organ, the pipes, the keys, all parts of the case, as well as the sheet of music, were made of wallpaper. Different patterns were used to imitate the many parts of the organ.

NEWS for the YOUNG PEOPLE

HANDY BOY ABOUT THE HOME

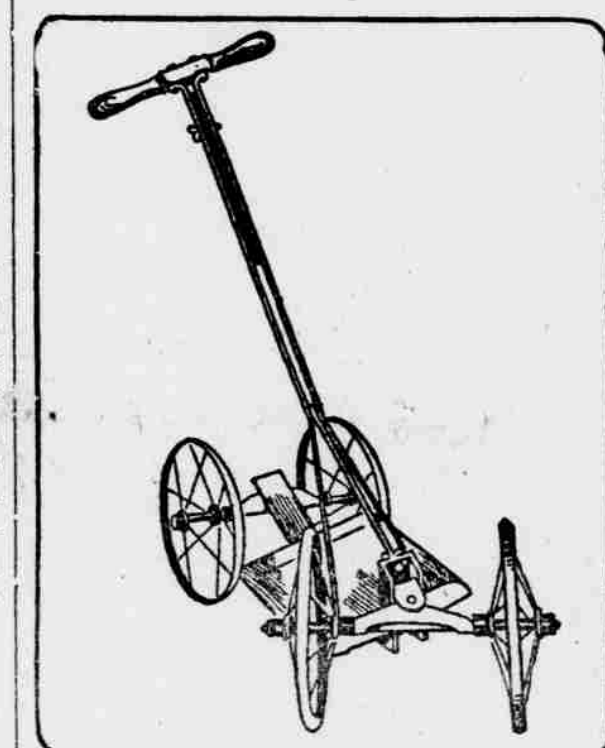
Every Young Man Should Have Box of Tools and Learn to Repair Articles Damaged About House.

I like the handy boy about the house, who knows how to hang a picture, drive a nail, and do the little necessary repairing that any mother wants done. It is easy enough to learn how to use a saw or chisel, and every boy should have a box of tools, so that he can repair articles that may become damaged. The boy who is handy about his mother's house will be of inestimable value to his wife when he shall marry. Boys who do not care to go out at night may learn to make many pretty pieces of furniture, if they will only devote some time to studying how to use tools and paints. With a few lessons, the handy boy may make picture frames, or cabinets, odd cornices, or desks or other articles of usefulness and value. The boy who is handy about the house and a help to his mother is one who learns now to make purchases for the household, who can tell a good piece of meat at the butcher's, or pick out fresh vegetables at the market. Oh, no, do not say that marketing is woman's work. It is quite as much man's work, and besides, none of us can know so much in this world that we can afford to ignore even the details of marketing.—Foster Coates.

PLAY APPARATUS FOR BOYS

Wheeled Platform Propelled by Pushing One Foot—Adjustable Handle Is Used for Support.

After watching small boys coasting about on home-made vehicles propelled by one foot, an Indiana man designed a more elaborate affair on the same principle. A low platform is mounted



New Play Apparatus.

on four wheels, two axles of the device being connected by a strong steel band, on which the footboard rests. The construction is such that by tilting the footboard to the right or left the wheels will turn in the same direction, but the toy will not upset. The long handle is adjustable to any height and is used more for support than for guidance. To operate the vehicle a boy stands with one foot on the platform and with the other foot pushes it ahead until sufficient momentum is attained to carry it on. He then gets aboard with both feet and guides it by throwing the weight of his body on one side or the other.

Not This Time.

Johnny was rather apprehensively waiting his father's return from business. He had a curious little feeling that more would be heard about the broken pane of glass in old Grimes' glass house.

"Take off your coat, my son, and come along with me!" said pa after he had rested from dinner.

"You're not going to give me a hiding are you, pa?" inquired young hopeful with a nervous gulp.

"Didn't I tell you this morning that I would settle with you for your bad behavior when I came home?" queried father.

"Yes," said Johnny hopefully, "but I thought you were only joking, like when you told the grocer you would settle with him."—Rehoboth Sunday Herald.

Centipedes and Tarantulas.

A centipede has a deadly fear of a tarantula, and one of the most curious habits of the centipede is his manner of going to rest in the desert when he knows his enemy to be in the vicinity. He builds a cactus fence literally about him.

A tarantula hates a cactus as much as he longs after a centipede, and has never been known to crawl over the plant.

Secure in this knowledge, the centipede will sleep as long as he wishes while his wistful enemy looks longingly at him over the barrier, powerless to go to the attack.

Here's the Recipe of Success.

The way to make a success of any job is to care whether you do it right or not.—California Outlook.

CALEDONIA COUNTY.

Walter Goodwin, living near Lake Bomosee, in Castleton, shot a black fox recently just over the line in Hubbardton and sold the skin for \$600. He would have got \$1000 only the fox had been wounded before and it injured the skin.

The jury in Rutland county court Dec 24, returned a verdict of not guilty in the case of William E. Koch, who was charged with the murder of Charles Gordon of Whitehall, N. Y., a trapper on Nov. 9. The jury was out 20 hours.

St. Johnsbury farmers, whose herds represent at least 650 cows, have organized a testing association. This makes the sixth cow testing association in Caledonia county and puts this county at the head of the list in this progressive agricultural movement.

St. Johnsbury is to make an effort to have the proposed institution for the training and care of feeble-minded children, which the last legislature voted to have in Vermont, located there. Dr. W. J. Aldrich, St. Johnsbury's representative in the last legislature, has been elected secretary and treasurer of the board of trustees of such an institution.

After 13 witnesses had been heard, Irvine A. Norcross of Hardwick was held Friday in Barre city court in the sum of \$1,000 for appearance at the March term of Washington county court, charged with obtaining property under false pretenses. It is alleged that he falsely swore to the possession of two horses and ten cows in purchasing an automobile last July.

The children in the towns of Lyndon and Burke were given a merry Christmas by the generosity of Hon. and Mrs. Theodore N. Vail and Elmer A. Darling. At Speedwell Farms Mr. Vail had a large tree in his spacious hall and presents for about 100 children. At Burkelynn Hall, Mr. Darling had a big tree in his new creamery building and about 100 children from Burke were the recipients of his generosity. Dr. H. M. Smith of Lyndonville impersonated Santa Claus on both occasions, the festivities at Mr. Vail's took place Wednesday afternoon and the celebration at Mr. Darling's the evening following Christmas.

WEST BURKE

Mrs. Julia Cummings appears to be failing slowly.

O. E. Clark spent Thursday with friends in Newport.

Dr. R. H. Burke and family visited in Derby Line last week.

Pliny Bolton was at home from college over the holidays.

Mr. and Mrs. W. C. Ainger visited relatives in Barton Thursday.

Rev. J. Q. Angell was called to Randolph Monday to attend a funeral.

Clayton Hitchcock and family of West Derby spent Thursday at A. E. Hall's.

Mr. and Mrs. Fred French of St. Johnsbury visited at A. R. Silsby's last week.

Mr. and Mrs. Ray Leonard and son of St. Johnsbury spent Sunday at O. L. Leonard's.

Murray Orcutt and family of Newport spent part of last week with relatives in town.

W. B. Melcher and son, Forrest, spent a part of last week with relatives in Littleton, N. H.

Mrs. A. L. Beane and little daughter are improving and no new cases of diphtheria are anticipated.

Mr. and Mrs. Phillip Rublee of Lyndonville visited at the home of Mrs. Cynthia Aldrich Thursday.

The Christmas exercises at the hall on Christmas eve were well attended and greatly enjoyed by all present.

Mark Angell and Louis Hayward of Barre and Olin Angell of East Brookfield spent Christmas at J. Q. Angell's.

Ray Rosebrooks and family of East Haven were the guests of Mr. and Mrs. John Rosebrooks on Christmas day.

Mr. and Mrs. A. C. Burns and two daughters, Pearl and Abby, spent Christmas day with relatives in St. Johnsbury.

Alva Moulton was called home last week from Newport, where he has been visiting, by the serious illness of his wife.

Have you the Monitor's price list on magazines and papers, yet? If not, why not? Telephone or write for it. It will save you money.

Mrs. Ellen Densmore is in town for a brief stay before starting for California, where she and her son, Clarence, expect to remain for some months.

A quiet wedding took place at the home of Mr. and Mrs. Louis Labor Wednesday of last week, when their son, Arthur, was united in marriage to Miss Anna Priest of Coventry. The ceremony was performed by Rev. J. Q. Angell.

The Library association will hold their annual meeting on Saturday afternoon of this week. Something must be done about this large collection of books, and it is earnestly hoped that all who are interested in good reading for West Burke will be present and help to solve the problem.

FRASIER-BROOKS

At the residence of the bridegroom in West Burke, on December 24th, occurred a quiet wedding when Fred H. Frasier and Miss Mary A. Brooks were united in marriage in the presence of a small company of friends and relatives. The bride was tastefully attired in a costume of tan silk and carried a bouquet of American Beauty roses. Rev. A. S. Bole of East Hardwick performed the ceremony, using the ring of the Osborne division of the International Harvester company, his jurisdiction including six counties in Northern Vermont. He has resided in West Burke for thirty years and has been engaged in the implement business for more than fifteen years. He is well and favorably known where his business connections have given him a

wide acquaintance. The bride is the daughter of W. C. Brooks of Coventry, in which place and in surrounding towns she has a wide circle of friends who will wish her joy in her beautiful new home. Mr. and Mrs. Frasier will be at home to their friends after January 5th.

SHEFFIELD

May Sherburn was home Sunday. Mrs. Jane Woodman has returned from St. Johnsbury.

James Gray of West Derby recently visited friends.

Perley Davis of Lyndonville was at home for Christmas.

Mr. and Mrs. Charles Sheldon visited in Newport last week.

Mr. and Mrs. D. C. Green recently visited at A. O. Gray's.

Lyle Jenness has finished work for the electric company for a few weeks.

Mr. and Mrs. Samuel Mitchell enjoyed Christmas dinner with their parents.

Mr. and Mrs. Harry Davis spent Christmas in Boston with Mrs. Davis's mother.

Mr. and Mrs. Charles Chesley took Christmas dinner with Aldis Barber and family at Lyndonville.

The Christmas exercises passed off very nicely. The children, especially the youngest, did especially well.

Charles Blake and family enjoyed Christmas dinner with their daughter, Mrs. Davis.

Rev. M. L. Scarborough gave his resignation Sunday to take effect the first of January, closing the first of April at the Baptist church.

PROBATE COURT.

Anna M. Brennan estate, Barton. Executor's inventory filed.

A. T. Brooks estate, Coventry. Appeal from allowance of will filed by A. C. Brooks and Mrs. Melvina Black.

George F. Root appointed special administrator.

George G. Chasse estate, Craftsbury. Commissioners' report filed.

Sadie Crowley of Derby, adjudged insane, and order issued for her commitment to the Vermont state hospital for the insane at Waterbury.

Emily A. Annis estate, Troy. Commissioners' report filed.

Cyrus D. Metcalf estate, Irasburg. Administrator's inventory filed.

Angelia R. Metcalf estate, Irasburg. Administrator's inventory filed.

Julia A. Richard, minor, Newport. Ward having obtained her majority, final account of Edmund Richard, guardian, allowed and guardianship terminated.

Alice A. Green estate, Newport. H. F. Black appointed administrator; T. S. Cummings and Frank Wheelock, commissioners.

John Kirwin, non compos, Westmore. Ward having deceased, final account of C. H. Atkins, guardian, allowed.

Francis Dwire, non compos, Derby. A. C. Sleeper, guardian, settled his final account.

Henderson M. Nelson, minor, Barton. Ward having reached his majority, H. R. Cutler, former guardian, rendered his account and was discharged.

Osmer Farman estate, Lowell. License granted administrator to sell the real estate.

E. T. Seaver estate, Troy. Commissioners' report filed.

Simon D. Morrill estate, Irasburg. Administrators' inventory filed.

Z. C. Blake estate, Derby. Executor's inventory filed.

L. S. Ingraham, non compos, Derby. Ward having deceased, account of A. C. Sleeper, guardian, allowed.

Amanda B. Fisk estate, Barton. Inventory of executrix filed.

Arlene H. Colby minor, Derby. Annual account of W. W. Blodgett, guardian, allowed.

Mary Lapier estate, Westfield. George D. Goddard appointed administrator; Edwin Boynton and Homer Burnham, appraisers and commissioners.

M. P. Day estate, New York city, to wit, Barton. Executor's inventory filed.

Caroline Sutor estate, Barton. Commissioners' report filed.

Mary A. Blake estate, Derby. Appraisers' and administrator's filed.

Charles A. Day estate, Albany. Final account of Gilbert Ware, administrator, allowed. Decree of distribution issued.

Theda I. Woodcock, minor, Troy. Final account of W. W. Wakefield, former guardian, allowed.

Rucia L. Wright estate, Newport. Will allowed. Ella Mabel Wright appointed executrix.

Isaac H. Marsh trust estate, Holland. Hearing assigned on settlement of trustee's account for Jan. 12, 1914, at Newport, 10 a. m.

Hattie M. Colby trust estate, Derby. Hearing assigned on annual settlement of trustee's account for Jan. 12, 1914, at Newport, 10 a. m.

Vermont Notes.

The annual meeting of the State Sugar Makers' association is to be held at Rutland Jan. 6.

The forty-fourth annual meeting of the Vermont State Dairymen's association will be held in Rutland Jan. 6, 7, and 8.

The state, through State Forester A. F. Hawes, purchased Saturday of William Haynes of West Rutland and David H. Bixler of Proctor about 400 acres of land situated in the northwest corner of West Rutland to be used as a state forest. It is probable that the tract will be planted with young evergreen trees of various kinds as has been done with the Bald mountain preserve acquired a short time ago. Saturday's purchase gives the state about 1,200 acres of Rutland county land for timber raising.

High Standards

One reason why this bank has become a large factor in the important financial and commercial affairs of Orleans County is that it has always maintained a high standard of ideals.

It has confined its business to strictly legitimate channels, and has always sought stability before profits. It has won the confidence of banks and business men.

It welcomes accounts with business men and individuals who recognize the value of high standards in business.

Central Savings Bank & Trust Co.

ORLEANS, VT.

Capital \$25,000 Surplus \$34,000
J. G. TURNBULL, President C. D. FRENCH, Vice-President
R. A. FEAN, Treasurer

Kow-Kure	50c and \$1.00
Bag Balm	50c
Garget Cure	50c
Lice Exterminator	25c
Fleck's Stock Powder	50c
Fleck's Poultry Powder	25c

These are all well known remedies and the best in their line.

Only a few weeks to sugaring time, your orders should be in.

We have three 2nd-hand Sugar Rigs, good trades.

H. T. SEAVER, Barton, Vt.
The HARDWARE MAN

Announcement

—By—
GEO. H. DAVIS

During my absence from Barton my affairs will be conducted by Mr. A. L. Urie. All communications requiring my personal attention will be forwarded to me in California. My garage will be kept open constantly. Special attention will be given to repairing and overhauling all makes of cars. Don't wait until the Spring rush DO IT NOW. Leave your car with us before the deep snows come. Write or 'phone Mr. Urie, 'phone 31-11.

Catalog of the NEW EMPIRE Car, fully equipped for 1914 at \$900. F. O. B. factory, will be sent to you on request.

Respectfully,
GEO. H. DAVIS

Horses For Sale!

Another carload of big horses from Illinois will arrive at our stable Friday, Jan. 2, 1914. Come and see them before you buy.

We carry a good stock of Harnesses, Collars, Blankets and everything for the big horses.

GILMAN BROTHERS
St. Johnsbury, Vermont
The largest dealers in Real Estate, Horses, Cattle and Hay.